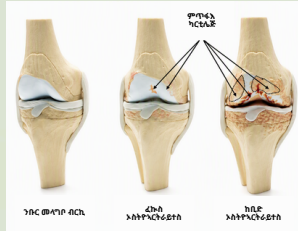


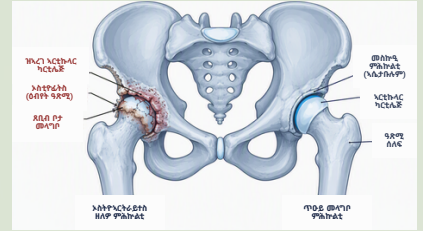
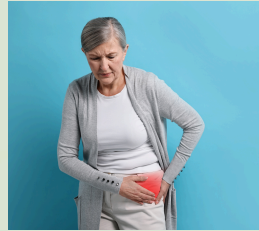
እንታይ እዩ?

እስትዮኣርትራይተስ ኣብ መላግቦ ዚኸሰት ልሙድ ጸገም እዩ። እቲ ንጫፍ ኣዕጽምትኻ ዚሸፍን መከላኸሊ ጉዝጓዝ (ካርቲሌጅ) ምስ ግዜ ምስ ዚፈርስ እዩ ዜጋጥም። እዚ ኸኣ ኣዕጽምቲ ንሓድሕዱ ኸም ዝፈላፋሕ ብምግባር ቃንዛን ሕበጥን ድርቀትን ከም ዜምጽእ ኪገብር ይኽእል እዩ። ንዝኹነ ይኹን መገጣጠሚ ኺጸልዎ ይኽእል እዩ፤ መብዛሕትኡ ግዜ ግን ንብርኪ ምሕኩልቲ፡ ኣእዳው፡ ዓንዲ ሕቕ እዩ ዝጸሉ።

ብርኪ



ምሕኩልቲ



ልሙድ ምልክታት



ብፍላይ ድሕሪ ዕረፍቲ ወይ ኣብ ንግሆ ኣብ መላግቦ ቃንዛ ይስምዓካ።



ብእግርኻ ምኻድ፡ መደያይቦ ምድያብ፡ ወይ ካብ ኮፍ መበሊ ኸትትንስእ የጸግም።



ምንካይ ምንቅስቃስ ወይ ተዓጻጻፍነት ኣብቲ እተኹድኣ መላግቦ።



ነቲ መላግቦ ኸተንቀሳቕሶ ኸለኻ ናይ ምጭባጥ፡ ቃዕ ምባል፡ ወይ ምፍሕፋሕ ስምዒት።

እንታይ ክሕግዝ ይኽእል?



ቀስ ኢልካ ብእግሪ ምጉዓዝ



ብሽክለታ ምዝዋር



ናይ ማይ ምውስዋስ ኣካላት



ታይ ቺ



ጭዋዳታት ንምድልዳል ዚግበር ምውስዋስ ኣካላት



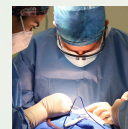
ውሕስነት ዘለዎ መድሃኒት (ምስ GP ተዘራረብ)



ናይ GP መደብ ክንክን



ፊዝዮተራፒ



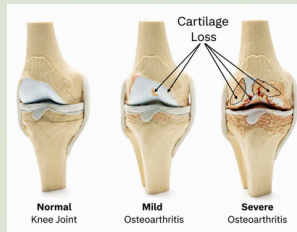
መጥባሕቲ ምትካእ መላግቦ (ናይ መወዳእታ ኣማራጺ)

እስትዮኣርትራይተስ ንገደብ እዋን ዚጸንሕ ሕማም እዩ፤ ኪሓወድ ዘይክእል ግን ከኣ ክትቈጽጸሮ እትኽእል እዩ። ንጡፍ ኩነት፡ ጥዑይ ክብደት ይሃሉኻ፡ ኣብቲ ኸትገብሮ እትኽእል ኣተኩርን ምስ ጉጅለ ኸንክን ጥዕናኻ ተሓባበርን። መብዛሕትኡ ግዜ ካልእ ሕክምናታት እኹል ሓገዝ ኣብ ዘይገብረሉ እዋን ጥራይ እዩ መጥባሕቲ ዘድሊ። እስትዮኣርትራይተስ እናሃለወካ ምሉእን ንጡፍን ህይወት ክትነብር ትኽእል ኢኻ።

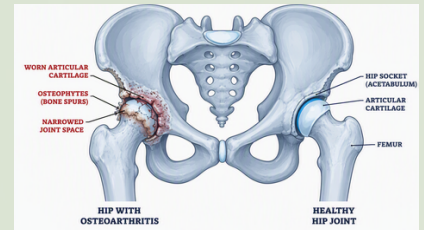
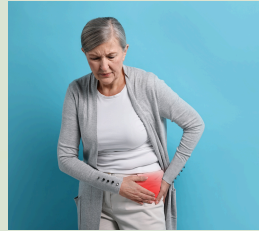
What is it?

Osteoarthritis is a common joint problem. It happens when the protective cushion (cartilage) covering the ends of your bones breaks down over time. This can cause the bones to rub together, leading to pain, swelling, and stiffness. It can affect any joint, but often knees, hips, hands, and spine.

Knee



Hip



Common Symptoms



Pain and stiffness in the joint, especially after resting or in the morning.



Difficulty walking, climbing stairs, or getting up from a seated position.



Reduced movement or flexibility in the affected joint.



A grating, clicking, or grinding sensation when you move the joint.

What Can Help?



Gentle walking



Cycling



Water exercise



Tai Chi



Muscle strengthening exercises



Safe medicines (talk to your GP)



GP Management Plan



Physiotherapy



Joint replacement surgery
(a last option)

Osteoarthritis is a long-term condition and not curable, but can be managed. Stay active, keep a healthy weight, focus on what you can do and work with your healthcare team. Surgery is usually only considered when other treatments do not help enough. You can live a full and active life with Osteoarthritis.